



CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
JANUARY 2023
 Website: www.mbchg.org

57121 Sunnyslope Dr.
Yucca Valley, CA 92284
Phone: (760) 365-9661
 Email: director@mbchg.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:45am Floor/Chair Yoga	3 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	4 9:45 am Floor /Chair Yoga 6:15-8:30 Lincoln Club Bunco	5 10:00am Low Impact Stretch Aerobics Class	6 9:00-11:00 Watercolor Class Closed for January	7 9:00-3:00 Life Stream Blood Bank
8	9 9:45am Floor/Chair Yoga	10 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	11 9:45am Floor/Chair Yoga 1:30-3:30 Sportetts NOP	12 10:00am Low Impact Stretch Aerobics Class 11:30 Weight Loss 1:00 Board Meeting 6:00-8:00 Art Council	13 9:00-11:00 Watercolor Class Closed for January	14
15	16 9:45am Floor/Chair Yoga 11:30-3:00 Chaparral NOP	17 10:00am Low Impact Stretch Aerobics Class 10:00am Dept. of Ageing 12:30-5:00 Bridge NOP	18 9:45am Floor/Chair Yoga 5:00 Lincoln Club	19 10:00am Low Impact Stretch Aerobics Class 1:00 Bunco NOP 6:00pm Old Car Club	20 9:00-11:00 Watercolor Class Closed for January	21 9:00-3:00 Life Stream Blood Bank
22	23 9:45am Floor/Chair Yoga	24 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	25 9:45am Floor/Chair Yoga	26 10:00am Low Impact Stretch Aerobics Class 11:30 Weight Loss 3:00-4:30 Morongo Basin Community Coalition	27 9:00-11:00 Watercolor Class Closed for January	28
29	30 9:45am Floor/Chair Yoga	31 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP				
		Silver Sneakers, Renew Active, Silver & Fit and Peerfit are active at The Center For Healthy Generations!	All classes and activities are subject to change. Call to schedule Computer Classes.	Bridge instruction is available. Massage is available by appointment 661-645-6275	NOP - Not Open To Public	